

A 15+ page only Specification  
(Heading) Powerflex Deluxe Walking Sticks  
(Case) NO must change

~~Section~~ Please refer to Provisional  
Patent Application # 60/405, 889,  
filed on 8/26/02.

(Section (Case) Headings) BACKGROUND  
Background of the invention  
This invention is in the field  
of health and exercise.

~~Section~~ SUMMARY  
Summary

Refer to Drawing

Detailed Description  
(and best mode contemplated by me of  
carrying out my invention)

B Claim  
(one sentence)  
(Separate Sheet)

C Abstract (Separate Page)

① 1" margins

② page numbers below text at bottom  
center

slightly curved " flexible shaft  
① angled hand grips replaceable rubber tips

Detailed  
Description

## Specification (Part)

### Powerflex Deluxe Walking Sticks

Powerflex Deluxe Walking Sticks  
are ② designed to be used in pairs  
in a manner similar to a cross  
country skier, (without skis, or snow),  
they may be used on flat urban sidewalks  
or hiking through the woods) <sup>Anywhere</sup> you walk

As you stride forward with the  
left foot, extend the right  
hand walking stick, then, right  
foot with left hand stick, and so  
on. That's all there is to it.

You can put more or less pressure  
on the sticks, depending on how  
much strain you want to take  
off your lower body joints —  
(ankle, knee, hip) By using ~~the~~ one

The stiffness of the flex is different for different weight class of users. That is, a 110 pound ~~person~~ ~~person~~ would need a less stiff version than a 250 pound ~~person~~ ~~person~~.

The handgrips are plastic, and are angled forward ~~ergonomically~~ to provide a natural comfortable grip. The tips of the shaft are rubber and replaceable.

# Abstract

## Powerflex Deluxe Walking Sticks

A walking stick is generally known as a ~~rigid~~ ~~small~~ rigid, lightweight, straight, ~~stick~~, wooden stick, held in one hand, used as an aid in walking. PFDWS are used in pairs, like ski poles. PFDWS are designed to FLEX slightly to provide ① a shock absorbing effect. ② power releasing effect

Anti gravity boots  
Wed AM Channel 2  
Diane Sawyer

# Abstract

PowerFlex Deluxe  
Walking Sticks

PowerFlex ~~Walking~~ Deluxe

Walking sticks are designed to  
be used in pairs, one in each hand.

The essence of these walking sticks  
is the slightly curved & flexible  
shaft.

PF Deluxe W S

A walking stick is generally known as a lightweight, straight, rigid wooden stick, ~~used as a~~ ~~stick~~ held in one hand, used as an aid in walking.

BEST AVAILABLE COPY

These are ~~are~~ walking sticks  
designed to be used in pairs as  
① an aid in walking, and ② to exercise  
and tone the upper body muscles  
at the same time. The essential  
feature of Powerflex Deluxe Walking  
and the invention  
stick is the ~~curved~~ slightly curved  
and slightly flexible shaft which  
has a shock absorbing and power  
releasing effect

The essence (and the invention)  
is the ~~slightly curved and~~  
curved & slightly flexible  
shaft which has a shock absorbing  
& power releasing effect.

Composiflex

1 800 673-2544

Springs

modulus of elasticity

engineering staff to  
assist with design

prototyping

High or low volume

fiberglass and carbon fibre

various shapes